



fresh meal delivery program is designed for weight loss and as an aid to healthy eating habits. Your meals are delivered twice a week in a temperature controlled cooler with insulated material to keep meals at the highest standards of safety and quality. Meals are color-coded to allow you to plan your daily menus for maximum health and efficiency. Simply heat in your microwave and enjoy!

gourmet

Every **fresh** meal uses the best and freshest ingredients available, prepared by our expert chefs. Meals are drawn from a rotating menu created from seasonal, local, and organic ingredients.

customize

We offer customization in regards to critical proteins and shellfish allergies. For optimal weight loss effectiveness, we recommend that you adhere to our specially designed and nutritionally balanced menu.

pause program

You are welcome to pause and restart your program at any time with 7 calendar days notice. Our customers often lead busy lives, including traveling, vacations, or emergency time commitments. If you need to postpone a delivery, simply let us know.

lose weight

Our **fresh** meal program offers you a healthy and balanced option for losing weight while enjoying fresh meals that taste great....you can lose up to 10 pounds in two weeks!

program information

fresh meals delivered 2 times per week, minimum 4 weeks

option 1	Includes breakfast, lunch, dinner & dessert	\$35.00/day
option 2	Includes breakfast, snack, lunch, snack, dinner,	\$42.00/day
option 3	Includes breakfast, snack, lunch, snack, dinner, dessert	\$50.00/day



getting started

Just fill out the following questionnaire, email it back and you'll be on your way to a healthier, leaner you!

personal information

Name _____

Phone _____ Email _____

Address _____

Delivery Address _____

schedule

5 days _____ 7 days _____ other _____

program length

14 days _____ 28 days _____ 56 days _____ 84 days _____

program

Option 1 _____ option 2 _____ option 3 _____

allergies

miscellaneous info



sample menus

option 1

MONDAY-DELIVERY

DAY 1

Muesli Granola with Non-Fat Vanilla Yogurt, Canadian Bacon & Fresh Fruit
Spinach and Baby Mozzarella Salad with Marinated Cherry Tomatoes
Wild Caught Mahi Mahi w/Cauliflower Puree & Wild Mushrooms
Tiramisu Cup

Day 2

Sweet Corn Tamale with Fresh Fruit Salad & Turkey Bacon
Asian Beef Salad with Carrots, Napa Cabbage and Ginger Soy Dressing
Turkey Breast Scaloppini with Stuffed Tomato and Sautéed Spinach
Carrot Bundt Cake w/Cream Cheese Frosting

DAY 3

French Toast with Raspberry Compote and Turkey Bacon
Chicken and Mushroom Pizza with Side Caesar Salad
Grilled Flat Iron Steak with Caramelized Shallots & Grilled Asparagus
Smores

THURSDAY- DELIVERY

DAY 1

Scrambled Eggs W/ Pesto & Chicken Apple Sausage
BBQ Pork Salad with Zucchini, Roasted Corn & Lime-Ranch Dressing
Pan Roasted Tilapia with Saffron Quinoa
Oatmeal Raisin Cookies

DAY 2

Nine Grain Pancake with Agave and Fresh Berries
Basil Marinated Shrimp Salad with Mango, Watermelon Radish and Orange Dressing
Rosemary Scented Lamb Sirloin with Sautéed Broccolini & Balsamic Glaze
Chocolate Cheesecake Cup

DAY 3

Feta and English Pea Frittata with Fresh Fruit & Chicken Apple Sausage
Grilled Vietnamese Beef Noodle Bowl
Honey-Lemon Glazed Chicken Breast with Vegetable Ragout & Brown Jasmine Rice
Peach Cobbler

DAY 4

Banana Pecan Muffin with Fresh Fruit, Cream Cheese & Turkey Sausage
Southwest Chicken & Vegetable Soup with Side Caesar Salad
Whole Grain Mustard Crusted Pork Loin with Green Beans & Butternut Squash
Chocolate Zucchini Bundt Cake



option 2

MONDAY- DELIVERY

DAY 1

Blueberry Ricotta Crepe with Fresh Blueberry Compote
Edamame
Sliced Grilled Beef & Asian Mixed Greens with Japanese Ginger Dressing
Blue Corn and Flax seed Tortilla Chips with Pineapple Salsa
Chicken Parmesan with Eggplant and Sautéed Spinach

DAY 2

Greek Style Crust less Quiche with Orange Slices
Caprese with Balsamic Vinaigrette
Chicken Burger with BBQ Sauce and Grilled Pineapple
Carrots with Hummus
Filet Mignon with Creamy Butternut Squash & Asparagus

DAY 3

Granola with Greek Yogurt and Fresh Fruit
Grilled Shrimp Skewer with Salsa Verde
Baby Field Greens with Walnuts, Mango & Grilled Chicken
Spinach Dip with Crudités
Roast Pork Loin with Saffron Rice & Roasted Green Beans

THURSDAY- DELIVERY

DAY 1

Scrambled Eggs & Turkey Bacon Breakfast Burrito
Pear and Raw Almonds
Shrimp Caesar
Quinoa Tabouli with Flatbread
Baked Turkey with Mashed Yams, Cranberries & Low-Fat Gravy

DAY 2

Strawberry Wholegrain Pancakes with Ricotta Cream and Fresh Fruit
Olive Tapenade with Whole Wheat Pita
Grilled Chicken Breast Tenders with Organic Honey Mustard
Stuffed Portobello Mushroom with Spinach and Pine Nuts
Whole Grain Pasta with Turkey Meatballs

DAY 3

Asparagus and Mushroom Soufflé
Grilled Chicken Salad
Pulled Pork with Caribbean Couscous Salad
Grilled Crostini with Eggplant Caponata
Grilled Salmon with Herbed Quinoa and Steamed Broccoli

DAY 4

Rolled Oats with Cinnamon and Walnuts
Seared Ahi Tuna with Wasabi
Turkey Chili with Garden Salad
Baba Ghanoush with Pita Triangles
Chicken Tikka Masala with Brown Rice, Dahl, and Mango Chutney